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APPLICATION INFORMATION

Title Line One:: IMPROVEMENTS IN OR RELATING TO ORGANIC C
Title Line Two:: COMPOUNDS
Formal Drawings?: No
Application Type:: Utility
Docket Number:: 100-7664F/C5
Secrecy Order in Parent Appl.?: No

REPRESENTATIVE INFORMATION

Representative Customer Number:: 1095

CONTINUITY INFORMATION

This application is a:: CONTINUATION OF
> Application One:: 09/089,836
Filing Date:: 06-03-1998

Which is a::CONTINUATION OF
>> Application Two:: 08/471,053
Filing Date:: 06-06-1995
Patent Number:: 5,795,593

Which is a::CONTINUATION OF
>>> Application Three:: 08/353,467
Filing Date:: 12-09-1994

Which is a::CONTINUATION OF
>>>>Application Four:: 08/121,674
Filing Date:: 09-15-1993

Which is a::CONTINUATION OF
>>>>> Application Five:: 07/737,960
Filing Date:: 07-30-1991

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in Ankara, Turkey. The children were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program that included aerobic, strength, and flexibility exercises. The control group did not participate in any training program. Physical fitness was measured at the beginning and end of the 12-week period using a series of tests including a 1000m run, a 10m sprint, a 50m sprint, a 100m sprint, a 200m sprint, a 400m sprint, a 600m sprint, a 800m sprint, a 1000m sprint, a 1200m sprint, a 1400m sprint, a 1600m sprint, a 1800m sprint, a 2000m sprint, a 2200m sprint, a 2400m sprint, a 2600m sprint, a 2800m sprint, a 3000m sprint, a 3200m sprint, a 3400m sprint, a 3600m sprint, a 3800m sprint, a 4000m sprint, a 4200m sprint, a 4400m sprint, a 4600m sprint, a 4800m sprint, a 5000m sprint, a 5200m sprint, a 5400m sprint, a 5600m sprint, a 5800m sprint, a 6000m sprint, a 6200m sprint, a 6400m sprint, a 6600m sprint, a 6800m sprint, a 7000m sprint, a 7200m sprint, a 7400m sprint, a 7600m sprint, a 7800m sprint, a 8000m sprint, a 8200m sprint, a 8400m sprint, a 8600m sprint, a 8800m sprint, a 9000m sprint, a 9200m sprint, a 9400m sprint, a 9600m sprint, a 9800m sprint, and a 10000m sprint. The results showed that the experimental group had significantly better physical fitness than the control group at the end of the 12-week period. The study suggests that a 12-week training program can improve the physical fitness of 10-year-old children.

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